AN 93(03):T0011 FSTA FS FSTA
TI **Inulin**: a versatile fibre ingredient.
AU Teeuwen, H.; Thone, M.; Vandorpe, J.
CS CV Suiker Unie UA, Business Dev., Netherlands
SO International Food Ingredients, (1992) No. 5, 10-14, 21 ref.
ISSN: 0924-5863.
DT Journal
LA English
AB Commercial inulin (Fibruline.RTM.) extracted from chicory roots is featured. Nutritional history of inulin is outlined. Inulin has ingredient status in 12 countries (Europe, Japan) and does not require further approval procedures or an E-number on EC labels. Principal functional and physiological properties of inulin are presented. The former include: neutral to weakly sweet taste; neutral colour and odour; moderate solubility in water; contribution to mouthfeel; gellifying properties and stabilization of foams. Recommended % inulin and benefits of inulin inclusion are given for a number of foods including: bread, pastries, yoghurt, cheese spreads, ice cream, chocolate, dressings, meat products and soft drinks. Inulin appears to be of particular use for the partial replacement of fat and sugar (when combined with an intense **sweetener**) or fibre enrichment of foods. Inulin appears to have negligible impact on the organoleptic properties of food products. Other aspects of inulin discussed include: energy value, tolerance and gut bifidogenic effects. (MEC)
CC T (Additives, Spices and Condiments)
CT Polysaccharides; INULIN; FOODS; Carbohydrates

AN 359264 FROSTI
TI **Inulin**, dietary fibre from chicory.
AU Thon M.
SO Food Tech Europe, 1994, 1 (4), 62+64 (0 ref.)
DT Journal
LA English
AB Inulin is a carbohydrate commercially extracted from chicory roots. Because it has a high soluble fibre content and low energy value, inulin is used as a functional ingredient in low-calorie, diabetic and fibre-fortified foods. Other applications mentioned include milk-based drinks, 'bio' yoghurts, low-fat spreads, and as a sugar replacer in combination with a **sweetener** in ice cream and chocolate. A bibliography with 11 references to the literature is appended.
SH ADDITIVES
CT APPLICATIONS; BASIC GUIDE; DIABETIC FOODS; DIET; FIBRE; INULIN; LOW CALORIE FOODS; NUTRITIONAL VALUE
DED 8 Dec 1994

AN 73(11):G0549 FSTA FS FSTA
TI The composition and properties of diabetic jams.
AU Birch, G. G.; Soon, E. B. T.
CS Nat. Coll. of Food Tech., Weybridge, Surrey, UK
SO Confectionery Production, (1973) 39 (2) 73-76, 13 ref.
DT Journal
LA English
AB Samples of diabetic jams containing mixtures of components selected from **sorbitol**, **mannitol**, lactulose, **inulin**, glycine and gelatin were prepared with or without added saccharin. In general, addition of 5% **mannitol** to **sorbitol**-containing jam increased sweetness and reduced crystallization on storage. Higher concn. of **mannitol** (.gtoreq.10%) caused increased crystallization for 51/2 months during storage at 5.degree.C. At 27.degree.C, all samples remained in good condition. Addition of **mannitol** to **sorbitol**-containing jams improved the glucose tolerance curve in human subjects. Lactulose gave predictably low glucose tolerance curves but produced physiological side effects (diarrhoea, abdominal pain). Glycine and **inulin** gave very low rises in blood glucose and no side effects. (RM)
CC G (Catering, Speciality and Multicomponent Foods)
IT diabetes; diabetic jams
IT jam; diabetic jams